

MULLIGAN HOME EXERCISE

↓ clip number reference

- 01 Mulligan Home Exercise: Introduction
- 02 Mulligan Home Exercise: Principles of Self-Treatment

CERVICAL DYSFUNCTION

- 03 Mid & Lower Cervical Self SNAG: Extension
- 04 Mid & Lower Cervical Self SNAG: Right Rotation
- 05 Mid & Lower Cervical Self SNAG: Left Rotation
- 06 Mid & Lower Cervical Self SNAG: Right Side Bending
- 07 Mid & Lower Cervical Self SNAG: Left Side Bending
- 08 Cervical Fist Traction: Flexion
- 09 Upper Cervical Self SNAG: C1-C2 Right Rotation
- 10 Upper Cervical Self SNAG: C1-C2 Left Rotation
- 11 Cervical Self SNAG Common Mistake: Angle of Pull Not Maintained with Extension
- 12 Cervical Self SNAG Common Mistake: Angle of Pull Not Maintained at End Range Rotation
- 13 Cervical Self SNAG Common Mistake: Incorrect Angle of Pull with Rotation
- 14 Cervical Self SNAG Common Mistake: Excessive Trunk Rotation with Cervical Rotation
- 15 Cervical Self SNAG Common Mistake: Incorrect Angle of Pull at C1-C2
- 16 Cervical Self SNAG Pearl: Use of Finger with Rotation
- 17 Cervical Self SNAG Pearl: Use of Mulligan Mobilisation Strap at C1-C2
- 18 Cervical Self SNAG Pearl: Self-Overpressure with Rotation

HEADACHES

- 19 Headache Self SNAG: OA
- 20 Headache Self SNAG: C1-C2 Right Rotation
- 21 Headache Self SNAG: C1-C2 Left Rotation
- 22 Headache Self SNAG Common Mistake: Incorrect Angle of Pull at C1-C2
- 23 Headache Self SNAG Common Mistake: Incorrect Angle of Pull at OA
- 24 Headache Self SNAG Common Mistake: Pull Too Aggressive at OA
- 25 Headache Self SNAG Common Mistake: Flexion Instead of Retraction at OA

THORACIC DYSFUNCTION

- 26 Thoracic Self Traction
- 27 Thoracic Self Traction Common Mistake: Placing Feet Too Far Behind Suspended Body

LUMBAR DYSFUNCTION

- 28 Lumbar Self SNAG Using a Belt: Flexion
- 29 Lumbar Self SNAG Using a Belt: Extension
- 30 Lumbar Self SNAG Using a Fist: Extension
- 31 Lumbar Self SNAG Common Mistake: Incorrect Angle of Pull with Extension
- 32 Lumbar Self SNAG Common Mistake: Angle of Pull Not Maintained with Extension
- 33 Lumbar Self SNAG Pearl: Performing Flexion If Extension Remains Painful
- 34 Lumbar Self SNAG Pearl: Unilateral Fist SNAG with Extension
- 35 Lumbar Self SNAG Pearl: Use of Mulligan Mobilisation Strap with Extension
- 36 Lumbar Self SNAG Pearl: Addressing Hamstring and Adverse Neural Tension

LUMBAR EXERCISES

- 37 Lumbar Lion Technique
- 38 Lumbar Traction
- 39 Lumbar Traction Common Mistake: Improper Hand Placement
- 40 Lumbar Lion Technique Pearl: Varying the Degree of Flexion or Extension
- 41 Lumbar Lion Technique Pearl: Inducing Rotation
- 42 Lumbar Lion Technique Pearl: Inducing Rotation and Side Bending

LIMITATIONS IN STRAIGHT LEG RAISING

- 43 Bent Leg Raise Technique
- 44 Two-Leg Rotation Technique

EXTREMITY DYSFUNCTION

- 45 Shoulder MWM: Posterior Humeral Glide with Fingertips
- 46 Tennis Elbow Technique
- 47 Proximal Tibia - Fibula Joint Technique
- 48 Shoulder MWM Pearl: Use of Belt
- 49 Shoulder MWM Pearl: Posterior Humeral Glide with Heel of Hand
- 50 Proximal Tibia/Fibula Joint Technique Pearl: Finding a Painfree Pathway